

CHAPTER 3

PHYSICAL ABILITY TEST (PAT)

1. NOTIFICATION.

- a. The applicant will be scheduled to take the Physical Ability Test upon receiving notification of passing the written test.

NOTE: In order to participate in this test phase, the applicant MUST bring the following forms which will be collected upon reporting to the PAT.

- A valid picture identification (i.e., driver license, passport).
- State Employment Application (STD. 678) requires information about the applicant's education and employment history for the previous seven years.
- Cadet Arrest and Citation Questionnaire (CHP 446F) requires the applicant's traffic ticket(s) and arrest history. (Annex 3-A)

(The applicant may want to organize this information early so it will be complete.)

- b. Applicants should consider the following suggestions to assist in their performance in the PAT.

- (1) Applicants should not drink any alcoholic beverages for eight hours prior to the test.
- (2) A minimum of three hours should have elapsed since the last meal.
- (3) Applicants should not have engaged in any moderate to heavy physical or emotionally stressful work within two hours prior to the test.
- (4) Applicants should attempt to have a minimum of six hours sleep the night prior to the test.
- (5) If under the care of a physician or taking any prescribed medications, applicants should consult their physician and request approval to participate. Non-prescription medications should not be consumed 24 hours prior to the test.

(6) Applicants should wear loose fitting clothing, preferably exercise clothing and athletic shoes.

c. The Physical Ability Test determines whether the applicant is able to perform the minimum physical standards required of a CHP Officer. The PAT contains the following five sections:

(1) 100 Yard Sprint. The applicant is required to run 100 yards in 20 seconds or less.

(2) Upper Body Strength. There are a total of three measurements.

(a) Shoulder strength adduction requires the applicant to hold a V-shaped device close to the chest with the forearms parallel to the floor and palms facing inward. The applicant pushes the handles of the device together with maximum effort.

(b) Grip strength requires the applicant to squeeze a grip strength tester with a maximum effort.

(c) Dynamic arm. If unable to achieve a minimum score in the shoulder and/or grip strength tests, the applicant is required to pedal a stationary bicycle with his/her arms at a workload of 2.5 kilopounds for up to one minute to reach minimum score.

(3) Trunk Strength Flexion. The applicant is required to exert 113 pounds of force by contracting the abdominal muscles. The applicant is strapped into a harness and is hooked to a device by a cable. The applicant then leans forward while tightening the stomach muscles and reaching for the ground in front of him/her. This motion puts tension on the cable and a gauge measures the applicant's strength. Some back muscle strength and flexion is involved.

(4) Side Step. There are three parallel lines one center line with two outside lines positioned four feet from the center line. In a standing position, the applicant straddles the center line with feet parallel to lines. The applicant side steps to left of the center line until his/her foot touches or crosses the left outside line, then side steps to the right until his/her foot touches or crosses the right outside line. This activity is repeated as many times as possible in ten seconds. Crossing each line, including the center line, earns one point. The applicant must score thirteen points.

(5) 500-Yard Run. The applicant is required to run 500 yards in two minutes or less.

d. Each portion of the PAT test is pass/fail. The applicant is notified of the score after each test. The applicant must pass all five portions to successfully complete the PAT.

e. PAT Preparations. Refer to information provided within the pamphlet entitled "Physical Conditioning for The CHP Cadet Applicants." Engage in a physical fitness program, suited to your health and ability, designed to improve flexibility, muscular strength and cardio-respiratory endurance.

CADET ARREST AND CITATION QUESTIONNAIRE, CHP 446F

STATE OF CALIFORNIA

DEPARTMENT OF CALIFORNIA HIGHWAY PATROL

CADET ARREST AND CITATION QUESTIONNAIRE

CHP 446F (Rev. 8-98) OPI 038

P.O. Box 942898

Sacramento, CA 94298-0001

Instructions: Enter below all arrests or citations and their disposition, regardless of when or where they occurred. All incidents must be listed, even those you believe may have been deleted from your official record, except those that have been sealed, expunged, or destroyed under Penal Code Sections 851.7, 851.8, 1000.5, 1203.45, Health and Safety Code Section 11361.5, 11557, or its successor 11366, when that arrest or conviction was stipulated or designated to be a lesser included offense of the offense of possession of marijuana, or Welfare and Institutions Code Section 781. All traffic citations, regardless of the date received, must be listed. This will supplement the information on your application. It is part of the examination, and you **must** bring it with you to your physical ability test. Department of Motor Vehicles has records for only three years. However, you must list all arrests and citations regardless of date. (Use the space on reverse for any additional arrests or citations information)

NAME (PRINT CLEARLY)

DRIVER LICENSE NUMBER

ADDRESS (INCLUDE NUMBER, STREET, CITY, STATE AND ZIP CODE)

Offense Order	Place and Date of Arrest and/or Citation		Describe specific charge at time of original arrest. Example-- Speeding, drunk driving, petty theft, etc. Do not give just code section.	If original charge was changed, give charge of which convicted. Example-- Drunk driving reduced to reckless driving, burglary to trespassing, etc.	Disposition (guilty, not guilty, dismissed, bail forfeited, etc.)	If guilty show:		Length of Probation; name & address of Probation Officer
	City/State	Month/Year				Date, Place, and Length of Confinement	Amount of time	
1st								
2nd								
3rd								
4th								
5th								
6th								

Have you been involved as a driver in a motor vehicle accident within the past seven years? If yes, indicate date, location, whether at fault, whether injuries occurred, whether cited, and agency taking the report. **Note:** This includes unreported accidents.

☐ Yes ☐ No

Has your driver license ever been suspended or revoked, or has your driving privilege ever been put on probation or restricted? If yes, explain circumstances. Indicate length of restriction and when your driving privilege was reinstated.

☐ Yes ☐ No

☐ I have never been arrested nor given a traffic citation. (You may omit offenses for which the record has been sealed, expunged or destroyed under Penal Code Section 851.7, 851.8, 1000.5, 1203.45, Health and Safety Code Section 11361.5, Health and Safety Code Section 11557, or its successor 11366, when that arrest or conviction was stipulated or designated to be a lesser included offense of the offense of possession of marijuana, or Welfare and Institutions Code Section 781.)

I have listed above all the information requested. I understand that this information is required of all persons seeking employment as peace officers and that Cadets are subsequently appointed as Officers (peace officers) upon successful completion of the training program. I also understand that a thorough independent investigation will be made of my background and that any incident I have omitted may be considered deliberate falsification and may result in the permanent withholding of my name from certification should I be successful in the examination. I understand that this information will be retained in your confidential files.

SIGNATURE

DATE

Destroy previous editions.

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